

Joint Base Journal

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News and information for and about the premier
Joint Base and its region

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JOINT BASE ANACOSTIA-BOLLING

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Sexual assault: becoming aware

BY SENIOR AIRMAN
STEELE C. G. BRITTON
JOINT BASE ANACOSTIA-
BOLLING PUBLIC AFFAIRS

The effects of sexual assault have a lasting effect not only on the survivor but their love ones, the unit, and the mission. Sexual assault does not know age, gender, or rank and in fiscal year 2010, the Department of Defense (DoD) reported that there were 3,158 reports of sexual assaults.

Although numerous acts have been reported, sexual assault is the most under-reported violent crime in the U.S.

"By making every service member aware of what sexual assault is and how to report it—we can hold the offender's accountable for their actions," said Sexual Assault Response Coordinator (SARC) Jean Wertman, Naval District Washington (NDW).

The age group at the highest risk is the 18-24 year olds but anyone can be a victim of sexual assault. Male victims accounted for ten percent of the completed investigation of sexual assault in 2010.

"The Sexual Assault Prevention & Response program is in place to assist a victim to obtain the help they need and also recognizes that spouses, boyfriends, girlfriends, family and co-workers all become secondary victims as they provide help to the survivor. It is important that they seek help if they need it also," said Wertman.

The DoD widely recognizes April as Sexual Assault Awareness Month and provides a definition of



Sexual Assault Response Coordinator Jean Wertman, Naval District Washington, releases butterflies following the Sexual Assault Awareness Month (SAAM) 'Walk in D.C.', Apr. 7, on Penn. Avenue in Washington. The release of the butterflies symbolizes the freedom a sexual assault survivor has after a long journey of being sheltered from everyday life. Department of Defense and civilian participants walked from Freedom Plaza to the National Capital building in support of SAAM.

their own to the crime. A portion of the definition states, "Sexual assault is defined as intentional sex-

ual contact characterized by use of force, threats, intimidation, abuse of authority, or when the vic-

tim does not or cannot consent."

"Consent" means words or overt acts indicating a



U.S. AIR FORCE PHOTO BY SENIOR AIRMAN CHRISTOPHER RUANO

Airman 1st Class Benjamin Hawk accepts the 2011 C. Haskell Small Award for Volunteerism April 16 at Joint Base Myer-Henderson Hall, Va. Airman Hawk is a Sexual Assault Response Coordinator victim advocate, assuring safety, dignity and privacy for sexual assault victims. He also provided support to the Huts for Haiti program by building more than 200 temporary houses for victims of the 2010 Haiti earthquake. In addition, Airman Hawk assisted in the Holiday Cheer program by helping raise more than \$12,000 that went to buy gifts for 204 families.

freely given agreement to the sexual conduct at issue by a competent person. An expression of lack of consent through words or conduct means there is no consent.

Lack of verbal or physical resistance or submission resulting from the accuser's use of force, threat of force, or placing another person in fear does not constitute consent.

If someone has been sexually assaulted, victim advocates, SARCs, medical personnel, and chaplains are available to talk to. The DoD in partnership with the Rape, Abuse & Incest National Network has launched the Safe Helpline. The person seeking assistance can receive help with just a click, call or text. By accessing the Safe Helpline, the survivor or support per-

son can find out information about the Sexual Assault Prevention Response program. The Safe Helpline can be accessed online at www.SafeHelpline.org, by calling 1-877-995-5247 or by text message at 55247.

If a sexual assault victim is in the NCR; the Air Force District of Washington (AFDW) SARC can be contacted at (202) 767-7272 or 1-877-316-4680. The NDW SARC can be contacted at (202) 685-1171 or (202) 275-0843. The 24/7 NDW Victim Advocate can be contacted at (202)258-6717.

The AFDW and NDW SARC along with the victim advocates are here to assist any victim of sexual assault no matter what service or affiliation.

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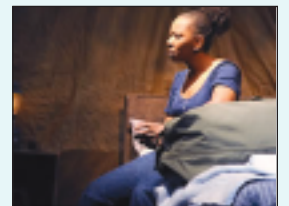
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U.S. AIR FORCE PHOTO BY SENIOR AIRMAN STEELE C. G. BRITTON

NDW fire dept. stays warm with training

A Naval District Washington (NDW) Fire Department team extinguishes a fire on a helicopter training device, April 13, at the D.C. Fire Training Academy in Washington. The NDW team recently received the helicopter trainer and conducted classroom training before practicing in a controlled environment at the academy. The realistic blaze created by the training device is similar to that of a real-world event and will continue to ensure the fire department is ready at all times.

Fiscal 2011 enlisted force management programs meet goal and conclude

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS
WASHINGTON
(AFNS) -- Air Force officials announced the closure of enlisted voluntary and involuntary force management programs for fiscal 2011 after meeting end-strength goals for enlisted Airmen.

Force management programs announced in December 2010 were implemented to size and shape the force to meet congressionally authorized end strength.

"Because we met our fiscal year 2011 enlisted end-strength goal, we won't need to conduct the two remaining date of separation rollback phases planned for this year," said Maj. Gen. Sharon K.G. Dunbar, the director of force management policy.

This involuntary program accelerated the separation of enlisted Airmen with less than 14 years or more than 20 years of service who were not recommended for retention by their commanders. Airmen under the rollback program will separate by May 31.

The enlisted voluntary programs included Palace Chase transfers to the Reserve and a variety of waivers, to include certain active duty service commitments and enlistment contracts, that allowed enlisted Airmen to voluntarily separate or retire.

"Although both voluntary and involuntary programs have closed for enlisted Airmen this fiscal year, we will continue to shape the skills balance essential to the current and future fight," General Dunbar said. "Force management entails a tailored, multi-year approach to cultivating skilled Airmen over the continuum of service. We need to analyze each career field to calibrate accessions and

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U.S. AIR FORCE PHOTO BY STEELE C. G. BRITTON

Military children celebrated, educated

A military child in attendance at the "Military Child of the Month Part-Day Enrichment" program talks to McGruff the Crime-fighting Dog at the Child Development Center, April 15, on Joint Base Anacostia-Bolling (JBAB). April is the "Month of the Military Child" where children and parents on base came together to celebrate by playing games, eating a sweet treat, construct crafts and educate themselves on home safety practices. JBAB Security Services, Base library employees, Family Advocacy, Base School liason Office, poison control center, Information-Trips-and-Tours and Fitness center employees were all in attendance to help celebrate the event.

Voluntary departure authorization from Japan ends

BY LISA DANIEL
AMERICAN FORCES
PRESS SERVICE

WASHINGTON (AFNS) -- The Defense Department's voluntary authorized departures for service members' eligible family members to leave Japan in the aftermath of the March 11 earthquake effectively ended April 18.

"The Defense Department concurs with the State Department's determination that the

situation in Japan does not pose significant risk to U.S. citizens," a Pentagon spokeswoman said. "We will continue to ensure the safety of our families is at the forefront of every decision we make."

The DOD termination follows the State Department's lifting of the voluntary departure order for DOD eligible family members to depart from Honshu, Japan.

More than 7,800 family

members stationed at U.S. military bases throughout Japan were flown to various U.S. locations following the magnitude 9.0 earthquake, the tsunami it caused, and subsequent problems with several of Japan's nuclear reactors.

Family members who left Japan under the voluntary authorized departures or who were prevented from returning during the crisis may now return, except those whose mil-

itary sponsor will have a permanent-change-of-station move out of Japan within 60 days unless they have service secretary approval. This also applies to families of civilian employees who are within 30 days of reassignment, Navy Cmdr. Leslie Hull-Ryde said.

Pay allowances related to the departures will continue for families who fall under those

See JAPAN, Page 7

DOD launches sexual assault response helpline

AMERICAN FORCES PRESS SERVICE

WASHINGTON -- Defense Department officials launched the Pentagon's newest initiative April 15 to support victims of sexual assault.

The DOD Safe Helpline allows service members to click, call or text for victim support services for themselves or others.

The resource is free, anonymous and confidential. Those who need the service will connect with live sexual assault support professionals. It is live 24 hours a day, every day.

In addition to improving victim care, officials designed the Safe Helpline to be secure and confidential to encourage victims to come forward when they might not otherwise.

"The underreporting of sexual assault poses a serious challenge to military readiness," said Clifford L. Stanley, the undersecretary of defense for personnel and readiness. "We believe the Safe Helpline will provide DOD sexual assault victims with a variety of support outlets, which will lead victims to report sexual assault, seek needed information, and receive care."

Safe Helpline offers three access options designed for service members. Users can go to <http://SafeHelpline.org> to receive live, one-on-one confidential help with a trained professional through a secure instant-messaging format. The website also provides vital information about recovering from and reporting sexual assault.

A second option is to call the telephone hotline at 877-995-5247 to speak with Safe Helpline staff for personalized advice and support. Safe Helpline staff also can transfer callers to installation-based sexual assault response coordinators, on-call victim advocates, civilian rape crisis centers or to the Suicide Prevention Lifeline.

The third option is for users to text their location to 55247 inside the United States or 202-470-5546 outside of the United States to receive automated contact information for the sexual assault response coordinator at their installation or base.

For more information about the Defense Department's sexual assault prevention and response office, go to <http://www.sapr.mil>.

Joint Base Journal

JOINT BASE ANACOSTIA-BOLLING

WASHINGTON, D.C.

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Capt. John Sears, USN
Commander

Joseph P. Cirone
Public Affairs Officer
202-404-7206
jbab.pao.fcm@navy.mil

JOINT BASE JOURNAL

Tech. Sgt. Rebecca Corey, USAF
Non-Commissioned Officer-in-Charge
JBAB Public Affairs
Senior Airman Susan Moreno
Executive Editor
William Wilson
Managing Editor
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U.S. NAVY PHOTO BY JOINT BASE ANACOSTIA-BOLLING MORALE,
WELFARE AND RECREATION MARKETING

The hunt is on!

Children hunt for eggs at the Joint Base Anacostia-Bolling Easter Egg Hunt April 17 at the JBAB track and soccer field. The Easter egg hunt had to be postponed to April 17 due to inclement weather April 16.

Recognizing the effects of excessive drinking

BY KRISTIN SHIVES
TRICARE MANAGEMENT ACTIVITY

April is the Month of the Military Child, Sexual Assault Awareness Month, and the month that Earth Day falls in. But there is also another very important, and sometimes overlooked, theme for the month of April—Alcohol Awareness Month.

Alcohol abuse is still a matter of concern for the military, as it affects not only service members themselves, but their families, friends and co-workers as well. Service members may turn to alcohol to cope with stress, boredom, loneliness, or post-deployment stress.

The 2008 Department of Defense (DoD) Health Related Behaviors among Active Duty Personnel survey found young men in each branch of service have significantly higher rates of heavy drinking compared to their civilian counterparts.

TRICARE beneficiaries can reduce their risk of becoming alcohol-dependent by monitoring their alcohol consumption. According to the Centers for Disease Control and Prevention, heavy drinking is considered more than two drinks per day for men and more than one drink per day for women. Binge drinking is five or more drinks during a single occasion for men and four or more drinks during a single occasion for women.

Over time, excessive alcohol use can lead to the development of many chronic problems, both medical and social. Some medical disorders associated with long-term alcohol abuse

include liver, psychiatric, pancreatitis and cardiovascular problems. Excessive drinking can also cause unintentional injuries such as traffic accidents, drowning and alcohol poisoning. Some social problems include the loss of a job or family problems.

Navy Chief Petty Officer John L. Cerda is the Joint Base Anacostia-Bolling Drug and Alcohol Programs Advisor.

“My main focus of alcohol awareness is to reach out and communicate to all members of the Armed Forces as a reminder that we all need to embrace and possess the moral courage to stand up to peer pressure,” he said. “As a Command DAPA it’s imperative that we educate our service members of the consequences that may result from an alcohol or drug related incident, such as jail time; non-judicial punishment or Article 15 of the Uniform Code of Military Justice, including reduction in rank and pay; depression; memory loss and, most importantly, possible loss of life.”

There are many strategies people can use to cut back or quit drinking. The Department of Health & Human

“It’s imperative that we educate our service members of the consequences that may result from an alcohol or drug related incident...”

Navy Chief Petty Officer John L. Cerda

Services recommends several:

- Keep track of drinking and set a drinking limit.
- Avoid places where heavy drinking occurs.
- Ask for help from a doctor, family or friends.
- Keep only a limited supply of alcohol in the home.

TRICARE is available for those beneficiaries seeking help. Beneficiaries should discuss all their treatment options with their primary care manager (PCM). To use TRICARE coverage, active duty service members (ADSM) must access all care through their PCM. ADSMs must receive a referral from their PCM or military treatment facility (MTF) in order to seek treatment outside of the MTF. Active duty family members do not need preauthorization for the first eight group therapy visits. Any applicable co-pays or cost-shares (based on the sponsor’s status and TRICARE program) will apply. Using network providers can reduce out-of-pocket costs. Beneficiaries can see specific

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Pentagon addresses WikiLeaks, social media

BY DONNA MILES

AMERICAN FORCES PRESS SERVICE

WASHINGTON (AFNS) -- The WikiLeaks episode underscores the need for laws and policies that address the unintended consequences of "technology at the intersection of national security," the Pentagon's lead communicator said April 17.

Assistant Secretary of Defense for Public Affairs Douglas B. Wilson told interviewer Vago Muradian on "This Week in Defense News" he's not sure how the Defense Department might have handled the WikiLeaks situation differently.

WikiLeaks.org group posted more than 90,000 documents, many that detailed field reports from Afghanistan as well as Pakistan's relationships with the Taliban.

"I think the most significant lesson to come out of this is that technology -- and particularly technology at the intersection of national security -- has outpaced the policy and the law necessary to address the unintended consequences," Mr. Wilson said.

Mr. Wilson called WikiLeaks an example of how "arrogance and naiveté have determined and had negative consequences for national security."

"Classified information is classified information, and releasing that information is illegal," he said. "But I think that we have a lot to do in government to understand that we need to be focusing much more on policy and much more on the laws that we need to think about to address what have been very unintended consequences of technological advance."

Even as social media revolutionizes information-sharing, the Defense Department's communications strategy boils

"Classified information is classified information, and releasing that information is illegal."

Douglas B. Wilson, Assistant Secretary of Defense for Public Affairs

down to the responsibility of being transparent and timely without jeopardizing the safety and privacy of service members and their families, Mr. Wilson said.

"The issues that we face every day at the Pentagon involve two factors," he said. "One, how do you deal with the press and public openly, credibly, in a timely manner and honestly? How do you provide facts and the truth, by the same token understanding that we're responsible for our men and women in uniform who are in harm's way in many places? How do you make sure that there is not unintended consequences of information which can put them further in harm's way and affect their safety and the privacy of their families?"

"Those are the issues that frame everything that we do," Mr. Wilson said.

These enduring principles apply regardless of the communications format, and whether it's through traditional or evolving media, he said.

Mr. Wilson said he recognizes how the advent of social media revolutionized the way people around the world -- including those in the Defense Department -- communicate.

Social media "provides instantaneous, real-time ability to reach broad numbers of people and to communicate quickly and effectively," he said. "When everybody is equipped with the social media tools, it's a very effective means of communication."

Mr. Wilson noted the use of social media as an organizing and messaging tool in the Middle East in recent months.

"We've seen that in terms of sectors of societies in the Arab world which had not had that kind of communications across those sectors before being able to mobilize very quickly," he said.

Unlike in that past, where a finite number of elites around the world defined messages, social media provide a voice to anyone, regardless of what they have to say and whether they are friend or foe.

"You can have religious extremists from Florida to Yemen say things and do things that are going to have international impact," Mr. Wilson said.

That makes it an imperative, he said, for communicators at the Defense Department -- and across government as a whole -- to be able to explain policies in ways that people find credible.

Twitter, Facebook and other social media, Mr. Wilson said, are among the many communication tools that DOD employs, including print and broadcast media, the Internet and personal communication.

Social media "is not an end in itself. It is a tool of communications," Mr. Wilson said. "It's a way to communicate, and you need to understand the strengths and weaknesses of each of the tools of communications in order to be effective ... I don't believe that there is any panacea in communications."

Did You Know?

*The Air Force Aid Society grants up to \$1,500 per year in tuition assistance for spouses overseas. Last year, AFAS granted a total of \$228,718 in spousal tuition assistance to 689 spouses.

* During the past year, Navy-Marine Corps Relief responded to 91,418 requests for financial help, disbursing \$47.4 million -- the most clients and financial relief since 1993. The Society provided assistance to one of every six Marines and Sailors in 2009.



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U.S. AIR FORCE PHOTO BY TECH. SGT. REBECCA COREY

JBAB says farewell to base commander

Navy Capt. John Sears, Joint Base Anacostia-Bolling (JBAB) commander, stands with JBAB department leads and special staff at a farewell lunch and sporting event, April 15, near the Potomac River on base. Military members, civilian employees and friends of Capt. Sears came together for food and sports as a farewell to the commander. He has been the commander of JBAB since it's standing-up in Oct. 2010. A change of command ceremony will take place next week, Apr. 28 at 1100 on the ceremonial lawn where the men and women of JBAB will welcome Navy Capt. Anthony Calandra as commander.

FISCAL

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various force management measures that optimize a career field's 30-year outlook."

Chief Master Sgt. of the Air Force James A. Roy also reiterated the importance of the overall force management program.

"The Air Force must balance the desire of Airmen wanting to serve with the need to

operate within its congressionally authorized end strength," Chief Roy said.

"We recognize these actions may be difficult for Airmen who have been asked to transition from the Air Force," he continued.

"We will continue to communicate with our Airmen in clear and candid terms to minimize uncertainty and maximize options."

Officer force management programs will continue as previously announced.

MWR at a glance

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Bus will depart from Fitness Center II, Bldg. 419 parking lot at 8 a.m. Bus will arrive at the Resorts Casino at noon. Bus will depart from Atlantic City at 6 p.m. and arrive at base at 10 p.m. Customer will receive \$22 casino credit.

RICHMOND INTERNATIONAL RACE-WAY MILITARY APPRECIATION

Go to their website www.rir.com/ salute and click on the Joint Base Anacostia-Bolling link to purchase tickets for Friday, April 29—the Bubba Burger 250 NASCAR Series Race. General admission is \$23 (\$7 savings) and kids under 12 years of age are admitted free of charge with a ticketed adult.

Tickets for Saturday, April 30, the Crown Royal Matthew & Daniel Hansen 400 NASCAR Series Race, are also available. Prices start at \$45, including admission and a Pre-Race Pit Pass.

KINGS DOMINION SEASON PASSES

Your 2011 Kings Dominion VIP Season Passes are now on sale at the JBAB ITT office! Passes are \$69, which includes free parking at the park.

D.C. UNITED HOME GAME TICKETS

Pre-purchase 2011 D.C. United Home Game Tickets at the ITT Office. Tickets must be purchased five business days prior to the game date. Tickets will be available for pick-up at the stadium will call booth. Prices Include:

Mezzanine - \$45.50 (regular \$52+tax)
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You can now pre-purchase 4-Day Park Hopper or 4-Day Base with Water Park for \$135.50 (regular price \$304.59), or a 4-Day Park Hopper with water park for \$162 (regular price \$362.10).

Tickets may NOT be used on the following dates: April 17-23, and July 4 at Magic Kingdom only.

Ticket orders may take up to 15 business days.

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LET'S GO TO THE MOVIES

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ORTHODONTIST - Kathy Marshall, DDS; PERIODONTIST - Justin Kleinman, DMD

Dramatic reading to tell tale of Marine amputee

The Deployment Health Clinical Center (DHCC) has partnered with Stages of Healing, a performance art series at the National Naval Medical Center (NNMC) in Bethesda to present a dramatic reading of the play *Welcome Home, Jenny Sutter*.

The performance is scheduled for Monday, April 25, 2011 from noon-2 p.m. in the NNMC Memorial Auditorium.

Welcome Home, Jenny Sutter tells the story of a Marine Corps amputee who has returned from war feeling lost, without the mind and body she once knew. The inhabitants of a makeshift community in the California desert give her the homecoming she needs to return to her previous life.

The reading will be followed by a panel discussion

with the opportunity for audience participation.

For groups and individuals planning to visit NNMC, Metro transportation (via Medical Center Station) is highly encouraged due to parking constraints. Proper identification is required to enter the base.

Stages of Healing is a performance art series at the National Naval Medical Center designed to bridge the health sciences and performing arts in order to promote growth, healing, and recovery.

The DoD Deployment Health Clinical Center (DHCC), located at Walter Reed Army Medical Center, is uniquely positioned to help meet the needs of Service members experiencing deployment related health concerns as well as to provide support, tools,

and guidance to their care providers.

DHCC provides hands-on care to service members with deployment-related psychological stress injuries and complex chronic pain conditions. DHCC also conducts demographic, epidemiological, clinical, and health services research.

For more information, please contact Monica A. Valdiviez-Wiley at 202-356-1012 extension 28947, or e-mail Monica.valdiviez-wiley@us.army.mil.

NNMC's Stages of Healing and the Deployment Health Clinical Center present a dramatic reading of the play...

Welcome Home, Jenny Sutter

Written by Julie Marie Myatt and directed by Leslie Felbain. An interactive panel discussion to follow.




Photo credit: Stan Barouh

NNMC Memorial Auditorium
April 25, 2011
1200 - 1400

FREE of charge. All are welcome.

JAPAN

Continued from Page 3

exceptions, officials said. Departure-related allowances for others will end April 25.

Family members who left under the authorized departures, or whose travel was interrupted to Japan, and who decide not to return to their sponsor's primary duty station, may be authorized movement to a designated place under early return authority or may use the sponsor's PCS orders to travel to the next permanent duty station, Commander Hull-Ryde said.

Family members who used the authorizations with a command-sponsored, school-aged dependent, may remain with the child at their temporary location until the end of the current school semester. Departure-related allowances for these families will end the day after the last day of the school semester, she said.

Service members whose families departed Japan under the authorization are allowed return transporta-

tion at government expense and quarantine of two household pets to the evacuated duty station in Japan. Civilian employee dependents must return pets at their own expense, she said.

Hardship duty pay in effect throughout Japan will end May 1, Pentagon officials said. For civilians, the 10 percent post-hardship differential pay will end at the beginning of the next pay period, Commander Hull-Ryde said.

Termination of family separation allowances will vary, but generally will end when dependents are no longer authorized to receive departure-related allowances, an official said.

The U.S. military responded to the disaster with some 20,000 troops, 140 aircraft and at least 20 ships in support of Operation Tomodachi.

While no ships are directly supporting the operation today, U.S. forces remain ready to help, Pentagon officials have said. Several ships are forward deployed to Japan as part of regular operations, and some 50,000 U.S. troops are based there.

DRINKING

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coverage and limitations by filling out a profile at www.tricare.mil/.


TRICARE beneficiaries can also find information on alcohol consumption, alcohol abuse and treatment by visiting www.tricare.mil/alcoholawareness.

TRICARE and the DoD launched an award-winning multi-media campaign,

That Guy, to reduce alcohol abuse in the military. It uses online and offline communication to encourage young enlisted personnel to reduce excessive drinking. It's a reminder to everyone: Don't be that guy! For more information on drinking facts and treatment, visit www.thatguy.com.

Editor's note: Senior Airman Susan Moreno, Joint Base Anacostia-Bolling Public Affairs, contributed to this story.

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J NOTES

Miscellaneous items related to your health, your career,
your life and your community

Family fun day bake sale

Come out and support the Family Fun Day Bake Sale 11 a.m.-3 p.m. April 30 at the Joint Base Anacostia-Bolling Youth Center. The bake sale is part of Share Our Strength's Great American Bake Sale, a national campaign that mobilizes Americans to end childhood hunger by holding bake sales in their communities. For more information, call Senior Airman James A. Baynard, JBAB Security Services, at 202-767-5587 or Tech. Sgt. Ann Pitt, JBAB Security Services, at 202-767-4355.

JBAB Exchange offers Sears home delivery

The Joint Base Anacostia-Bolling (JBAB) Exchange now offers convenient delivery and set-up from Sears Blue Service Crew on appliances, electronics, furniture, outdoor living items and sporting goods. Sears Blue Service Crew offers a professional uniform delivery team with a fast delivery network and next-day delivery on most in-stock items purchased before 3 p.m. Haul-away services are also offered. The Exchange offers the Military Star, Take It Home Today, and Exchange Protection

programs to help finance and protect your purchases. Ask a Sales Associate for more details.

Attention Wiccans and Pagans

The open circle that meets at 5:30 p.m. every Thursday at the Chapel 2 Annex is now officially sponsored by the Sacred Well Congregation. For more information, e-mail literatahurley@gmail.com, or stop by.

Lifeguards needed for JBAB

Lifeguards, Lead Lifeguards and water safety instructors are needed for Joint Base Anacostia-Bolling. Visit our website at www.cnic.navy.mil/ndw/About/Jobs/ for job description, salary and how to apply.

AAFES Starbucks now accepts Starbucks cards

Starbucks now offers the Starbucks card and has a new rewards program. Join My Starbucks Rewards by registering any card at www.starbucks.com/rewards and use it to pay for coffee and treats, and watch you rewards grow. There are three different levels of rewards available, each offering a variety of incentives, including free drinks. Set up your card with auto-reload and guarantee your Star-earning power.

Flu shot reminder

Flu shots available from 7:30 a.m. to 4 p.m. at the Joint Base Anacostia-Bolling Clinic.

Self-help cameras at JBAB Public Affairs

Self-help cameras are available at JBAB Public Affairs. For more information or to sign out a camera, call 202-767-4781 or stop by Bldg P-20 Suite 219.

Save the date!

The Air Force District of Washington Annual Awards Ceremony is April 29 at the Bolling Club. Cocktails will be served at 6 p.m. and dinner will begin at 7 p.m. Military members should wear mess-dress or semi-formal attire, while civilians should wear formal attire. The theme for the event is "Commitment to Excellence... Dedication to Service... Recognition of Airmen." For more information, contact Master Sgt. Lisa Thomas at 240-857-1533.

Visit AAFES on Facebook for more ways to save

Authorized fans of the AAFES Facebook page will soon have a chance take part in several upcoming events. From March 23-April 27, AAFES Facebook fans will have a chance to tell us why they should win a wardrobe makeover. Facebook fans can upload a video or photo explaining why they need a wardrobe makeover for a chance to win a \$500 wardrobe makeover. The wardrobe makeover provided by the Exchange and sponsored by Junction West; R & R Casuals; Big Sky Outfitters; Decoded; Gumballs; JW Passports; PBX Basics and PBX Pro. To stay informed about online savings promotions and receive exclusive coupons, join our online savings club, become a fan on Facebook, or visit www.shopmyexchange.com.

JBAB Lent/Holy Week Schedule

Catholic

Good Friday - April 22

Stations of the Cross, Chapel Two, noon
The Lord's Passion, Chapel Center, 6 p.m.

Holy Saturday - April 23

Easter Vigil Mass, Chapel Center, 8 p.m.

Easter Sunday - April 24

Mass, Chapel Center, 9:30 a.m.

Protestant

Good Friday- April 22

Chapel Two 6:30 p.m.

Easter Sunrise Service- April 24

Chapel Two 6:30 a.m.

Easter Sunday- April 24

Easter Egg Hunt, Chapel Two, 9:30 a.m.

Traditional, Chapel Two 10:45 a.m.

Gospel Service, Chapel Center 11:30 a.m.

Flu shots available from 7:30 a.m. to 4 p.m. at the Joint Base Anacostia-Bolling Clinic

MWR

■ Continued from Page 6

the AMC Hoffman Theater for a free movie. We must have a minimum of five Liberty participants and a maximum of 10 for the trip to go.

LIBERTY EASTER BRUNCH
April 24 | noon | Liberty Center
Come to the Liberty Center and enjoy a delicious and FREE Easter brunch!

LIBERTY PASSPORT EXCURSION: A TASTE OF THAI
April 28 | 6 p.m. | Thai Chili Restaurant
Join Liberty tonight as we head to Thai Chili Restaurant in Gallery Place, D.C., to enjoy some great Thai food. The first eight participants are free! There is a maximum of 10 participants for this trip.

FITNESS AND AEROBIC CENTERS

Bldg. 419-Anacostia 202-433-2962
Bldg. 15 & 38- Bolling 202-767-5895

MAY FITNESS MONTH
Fitness Month is just around the corner! JBAB MWR will host their Annual May Fitness Month with various activities through the month! Be sure to check out the May 411 for events such as Sports Day, Health Fair and a 5K Run!

BOLLING CLUB
Bldg. 50
202-563-8400

NEW TUESDAY LUNCH BUFFET!
Tuesdays | 11 a.m.-1:30 p.m. | Washington Dining Room
Come to the Club and enjoy our new soup, salad and sandwich lunch buffet! We will also be featuring our new Panini station.
Club Members: \$9.95
Non-Members: \$12.95

NEW 2-FOR-1 STEAK NIGHT
Thursdays | 5-9 p.m. | Wings Bar & Grill
Choose from a 12-ounce Rib Eye or 12-ounce New York Strip Steak, a tossed or ice-berg wedge salad and a russet or sweet baked potato with butter, sour cream, chives and bacon. All meals come with a roll and butter as well as coffee, tea or iced

tea. For reservations call 202-563-8400.
Club Members: \$17.95
Non-Members: \$35.95
EASTER BRUNCH BUFFET
April 24 | 11 a.m. to 1:30 p.m. | Bolling Club
Make your reservations now for the Bolling Club Easter Brunch Buffet! Advanced reservations are required. Reservations will be accepted through April 19. Limited space for walk-ins is available.

There are three separate seatings available at 11 a.m., noon and 1 p.m.

Easter brunch buffet will include a carving station with roasted turkey, baked ham and prime rib as well as baked chicken, baked fish, seafood Newburg, assorted vegetables and potatoes. The breakfast menu will include waffles, French toast, scrambled eggs, eggs Benedict, bacon, sausage and turkey sausage. The dessert bar and salad bar will also be available. Beverages include coffee, tea, iced tea, soda and juice. Bar available upon request.

Club Members: \$24.95
Non-Members: \$27.95

CLUB MEMBERSHIP BURGER BURN
April 29 | 11 a.m.-1 p.m. | Commissary Parking Lot
Join the Bolling Club staff at the commissary case lot sale for a quick and complimentary lunch! All club members will receive a complimentary burger or hot dog with chips and soda. Not a member? Sign up to become a club member and receive a complimentary lunch.

BOSS & BUDDY
April 29 | 3:30-5:30 p.m. | WASP Lounge
Relax and wind down with your boss or buddy. This is the perfect time to meet and socialize with friends and co-workers whether they are old or new. There will also be a buffet available. Don't forget to join the Mug Club!
Club Members: FREE
Non-Members: \$5

LUNCH BUFFET
Tuesday-Friday | 11 a.m.-1:30 p.m. | Washington Dining Room
Try out our new panini station with our

soup, salad and sandwich buffet on Tuesdays! Comfort food is on the menu for Wednesday, pork chops on Thursdays and end the week with seafood Fridays. Salad and ice cream bar are also available.
Club Members: \$9.95
Non-Members: \$12.95
SOUP AND SALAD CARRY OUT
Tuesday-Friday | 11 a.m.-1:30 p.m. | Washington Dining Room
Enjoy a homemade cup of soup and a salad from our salad bar and take it back to work!
Club Members: \$6.95
Non-Members: \$8.95

MUG CLUB
Join the Bolling Mug Club! Members receive special prices at the WASP Lounge. See the bartender for an order form. You can even have your mug customized with your own engraving ideas at the JBAB Arts and Crafts Center.

WASP SOCIAL HOURS & NEW DINNER MENU
Wednesday-Friday | 5-7 p.m. | WASP Lounge
Stop by the WASP Lounge and enjoy our new menu options for dinner! The new menu includes sandwiches, salads, dinner entrees and daily specials! Stop by the Club and pick-up a menu today!

OUTDOOR RECREATION
Bldg. 928
202-767-9136/9135

WILDERNESS CAMPING & SURVIVAL 101
May 14-16 | 8 a.m.-6 p.m. | Catawba, Va.
Join the Outdoor Recreation staff on a beginning course for adults to learn important life-saving wilderness skills, acquire confidence and eliminate wilderness fears. Mountain Shepherd's Survival 101 focuses on the seven priorities of survival: positive mental attitude, wilderness first aid, shelter, fire craft, signaling, water and food. You will learn knots and lashings and will be introduced to topographic maps and compasses. Students will become proficient in fire craft, wilderness safety, preparedness and camping skills.

Cost: Adults (18 years and older) \$375 – includes transportation and course.

FLY FISHING SCHOOL
May 28 | 7 a.m.-9 p.m. | McHenry, Md.
Come join the Outdoor Recreation staff for a full day of fishing instruction at Wisp Fly Fishing School. Garrett County Maryland is one of the only regions in the U.S. where you can land a trout 'grand slam' and Wisp Resort is your destination for finding the hottest spots to fish. Experts will show you where and how to land the perfect catch—so you can truthfully tell your own fish stories.
Cost: \$350 single | \$350 double
Cost includes travel, lunch, equipment rental and instruction.

LIBRARY
Bldg. 4439
202-767-5578

GAME NIGHTS
Wednesdays & Fridays | 5-7 p.m.
Video game nights are being offered on a first come, first served basis each Wednesday and Friday night from 5-7 p.m. Games can only be played in the library and must be signed out at the circulation desk. Headphones are also available upon request.
Wacky Wii Wednesday- Stop by and choose from our Wii game selection!
Gamer's Choice Friday- Choose from Wii, Playstation 3 or X-Box 360 Games!

APRIL STORY TIME
Story Time is held every Tuesday and Thursday at 10 a.m. Themes for April 2011 include:
April 19 and 21: Happy Easter & Love Your Planet (Earth Day)
April 22: Earth Day Celebration
April 26 and 28: Save the Frogs (National Frog Month) & Plant a Tree (Arbor Day)

EARTH DAY CELEBRATION
April 22 | 10 a.m.-noon | JBAB Library
Please join the library in celebrating Earth Day 2011! We will feature an abbreviated story time with a small exercise on recycling and then proceed outside for a recycling scavenger hunt and flower planting in the fenced garden plots outside of the library. All participating children can also put their handprints on fence slats. Prizes will be awarded to the winners of the scavenger hunt. Light Refreshments will be served.

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